Calgary metro

Your essential daily news | TUESDAY, MAY 23, 2017

High 28°C/Low 8°C Partly cloudy

'Amazing kid' remembered

DOUBLE HOMICIDE

Mom mourns son killed in apparent drug deal gone bad

Elizabeth Cameron
For Metro | Calgary

A Calgary mother was devastated to learn her son was one of two men killed in a brazen shooting in the city's deep south on Sunday.

Around 8 p.m., officers were called to a Superstore parking lot in the area of 130 Avenue and 48 Street S.E. over reports of gunshots, according to the Calgary Police Service (CPS).

They found the bodies of two men in their early 20s. One of them was 23-year-old Colin Reitberger.

"I want him to be remembered for the good person he was. He was an amazing kid," said Jodi Hill, the victim's mother.

"He was the kind of kid, if someone was picking on someone, he would try to be their friend," Hill said. "He was very compassionate."

Insp. Don Coleman with the CPS Major Crimes Section said members of the public were shopping and in the southeast parking lot when the shooting happened, leaving multiple witnesses.

"There was an interaction of sorts," Coleman said. "We believe it's drug related. At this point, it does have the hallmarks of that."

CPS believes the two victims arrived in one car for a prearranged meeting with another man.

"At that point two of the males were shot and killed outside their vehicle. A second vehicle then left the scene," Coleman said.

He confirmed one of the individuals is known to police but did not say who.

"We encourage anybody else ... who saw something to let us know," Coleman said.

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metro NEWS

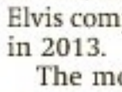
Your essential daily news

Justice Abella's speech takes aim at words and action of American president. **Canada**

Calgary's king at playing The King

MUSIC

Impersonator has won several awards for his tributes to Elvis



Aaron Chatha
Metro | Calgary

In real life Elvis Presley was a larger-than-life king of rock 'n' roll, but Adam Fitzpatrick — one of the world's foremost Elvis impersonators — is a refreshingly humble guy.

"Yeah, it's nice to be known somewhat around the Elvis world. It gets you a little bit of credential," Fitzpatrick said, sitting in his Calgary home as his young daughter Presleigh handed him a toy.

"Most of the guys don't take it too seriously as a competition; they're there to have a good time."

Fitzpatrick has gained a number of accolades since he originally dressed up and sang on a dare nine years ago. That dare, at an Elvis tribute festival, won him a prize in the amateur division.

He went on to win numerous professional awards for his act, including first place in Vegas and Europe as well as second place in the world Elvis competition in Memphis in 2013.

The more Fitzpatrick sang the songs and slipped into those blue suede shoes, the more he fell in love with the musical icon.

Adam Fitzpatrick, in his Calgary home, is a second-place winner for world's best Elvis impersonator. JENNIFER FRIESEN/FOR METRO

Fitzpatrick regularly sings Elvis's hits and embodies the icon on stage. FACEBOOK

He grew out his hair and sideburns, colouring it black every six weeks. (His natural colour is a reddish-brown.) He special orders the jumpsuits.

He's watched the same Elvis performances 30 times, getting down the hand gestures, facial expressions, southern drawl and the lines Elvis said on stage.

He'll often banter with his wife Faryn, who runs his music on stage.

"I'll ask if they're Frank Sinatra fans. People say yeah. (I say), well, you're at the wrong show; this is an Elvis show," Fitzpatrick laughed.

"I use that almost every show. I don't think Faryn laughs any more. Honestly, it's 'spur of the moment' things, if I know Elvis said something in the middle of the song or something like that."

> When he moved, he felt the music, and that's what you really want to learn. Adam Fitzpatrick

According to Fitzpatrick, there are about 60,000 registered Elvis tribute artists in the world. Although many other famous historical figures get imitated (Charlie Chaplin, for example), there's something special about Elvis as a character, in his music and mannerisms, that's kept the scene so alive.

"He did it without even trying," Fitzpatrick said. "When he moved, he felt the music, and that's what you really want to learn. You want to learn the hand gestures, facial expressions, things like that, but as long as you're letting the music move you, it's enough. You're not going to be exactly like Elvis — nobody ever will be — but you do your best."

Fitzpatrick is now trying to book more local shows so he can spend more time raising his young kids. Follow him online through social media or at elvisevolution.com.

Oh, and to be clear: he's not all shook up by the conspiracy theorists out there. He firmly believes Elvis died in 1977.

MORLEY

Historic church burns to ground

A historic church in Morley burned to the ground early Monday morning, leaving investigators to search for the cause of the fire.

Cochrane RCMP said Rockyview Fire Services were called to the blaze at the McDougall Memorial United Church around 4 a.m. Monday.

When they arrived, the building was already completely engulfed in flames and was unable to be saved.

The church dates back to 1875, when missionaries first settled in the area, according to Ann McDougall, a committee member with the McDougall Stoney Mission Society.

She said the building was used for twice-annual church services, but was also booked for weddings throughout the summer months — usually 10 or 12 each year.

"We have a wedding coming up this Saturday," said McDougall. "Well, we had one."

She said her late husband was a former chair of the society and helped the church obtain provincial historic resource status. He had also pushed for federal recognition.

McDougall said the fire chief had spoken with her, and said he suspected the fire had been deliberately set.

BRODIE THOMAS/METRO

All that's left of the historic McDougall church that stood in Morley since 1875. FACEBOOK

WEATHER

Environment Canada predicts heavy rainfall

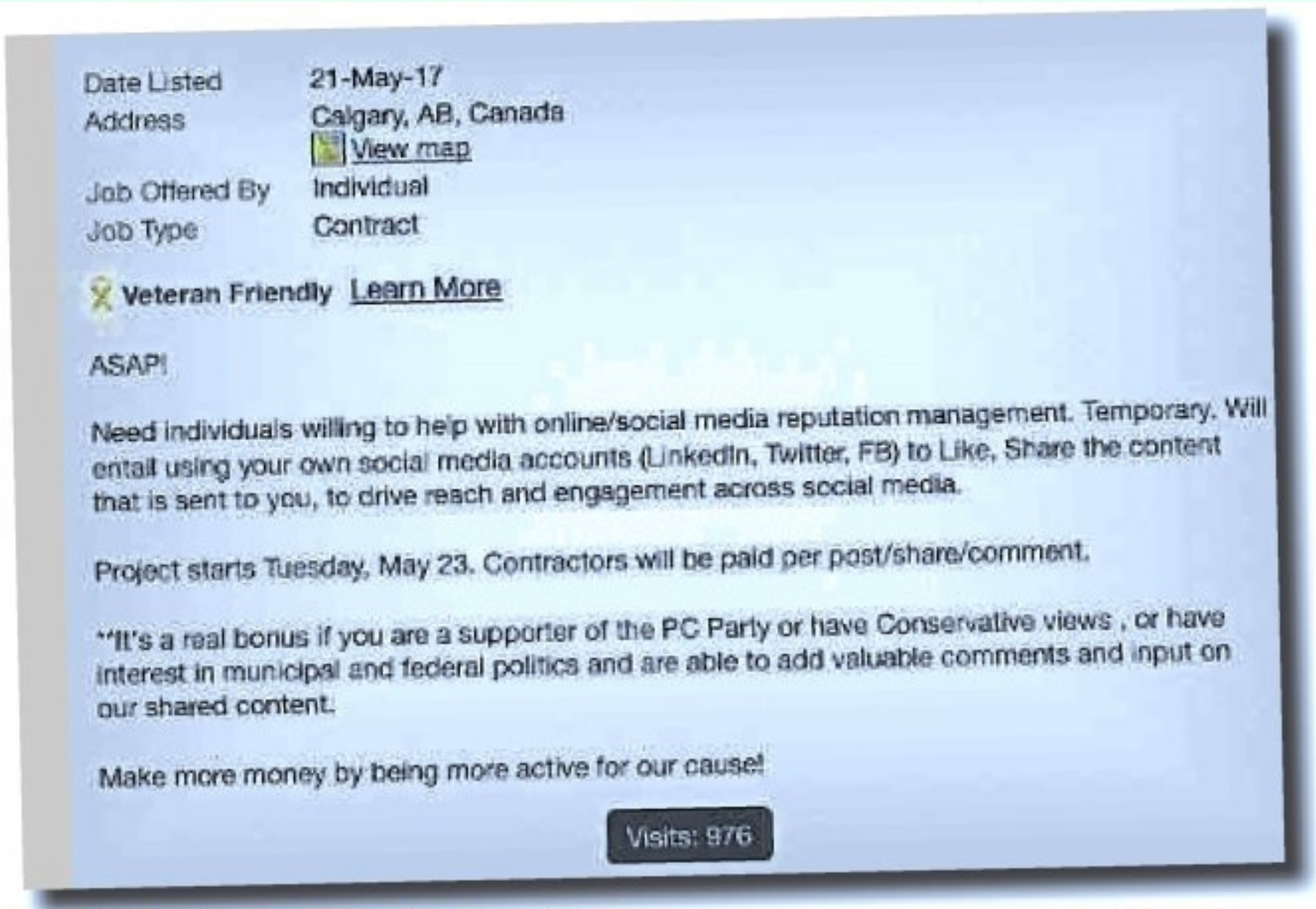
It might have been a beautiful long weekend, but Environment Canada is warning the weather is about to change.

By Tuesday night, expect a lot of rain and wind to hit Alberta as a strong low pressure system moves east-southeast through the province from the BC border west of Edmonton.

The mountains west of Edmonton and Calgary may also see up to 10 cm of snow by Wednesday morning, if current indications are correct.

The heaviest-hit rainfall areas are expected to be between Hinton and Grand Prairie as well as east toward Edmonton, Cold Lake and Lloydminster. Environment Canada predicts rainfall between 30 to 40 mm in most areas, but some may experience more like 50 to 75 mm.

It's going to be windy, too: gusts could reach up to 80 km an hour. METRO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"It's a real bonus if you are a supporter of the PC Party or have Conservative views , or have interest in municipal and federal politics and are able to add valuable comments and input on our shared content.
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This ad which appeared on Kijiji May 21 and was then widely shared through social media, appeared to be looking for people who would accept payment to share certain messages on their Facebook and Twitter accounts. SCREENSHOT

Ad for social media users is not ours, PC Party says

KIJIJI

Post sought people to share conservative content

Brodie Thomas
Metro | Calgary

A Kijiji ad looking to hire Calgary social media users for conservative party promotion caused a stir on Twitter Monday, but a PC Party official said it wasn't their ad.

The ad said contractors would be paid to like, share and comment on content that would be sent to them starting May 23.

The ad noted it would be a bonus if applicants were supporters of the PC Party, or have conservative views.

It ends with the tagline: "Make more money by being more active for our cause!"

However Janice Harrington, executive director of the PC Party of Alberta, said the ad is not theirs, nor does it belong to anyone else they hired.

"That's absolutely ridiculous," she said.

Progress Alberta, a left-leaning lobby group, linked to the original Kijiji ad, but also a direct parody that called for "conservative trolls to help flood Twitter and Facebook with our right wing nut job messaging."

Metro attempted to contact the person who posted the original ad, but didn't receive a reply.

Peter Ryan, an assistant professor in the public relations program at Mount Royal University, said social media has become an important part of any political campaign.

He said the Kijiji ad was definitely not a professional call for social media experts, but added that such teams do exist.

"Political blogging began to impact campaigns around the turn of the millennium, and paid blogging teams came soon afterward, so paid social media teams would be an extension of that trend," said Ryan.

He said there are ethical problems with an individual speaking as a paid party operative without disclosing that arrangement.

"Problems can arise for a political campaign for lying to possible voters, or at worst committing fraud, similar to the robocalls scandal in Canada or creating fake news during the Trump campaign," he said.

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Mahal crowned WWE champion

ATHLETICS

Calgary-born pro wrestler has greatness in his blood

Aaron Chatha
Metro | Calgary

An unexpected victory at WWE Backlash 2017 had local fans doing planchas from their seats this weekend: Calgarian Jinder Mahal unseated Randy Orton to win the WWE Championship.

"I'm totally proud; everybody is on Cloud 9 at the moment," said Mahal's uncle and former World Wrestling Federation (WWF) star Gadowar "Gama Singh" Sahota.

"It's unbelievable. His dream has finally come true, and through him, our dreams have come true. He's also uplifted the image of the Indian community."

Jinder Mahal unseated 13-time titleholder Randy Orton as the WWE champion during the Backlash 2017 event. COURTESY WWE NETWORK

Mahal, real name Raj Dhesi, started training as a wrestler in earnest when he was 16, already six-foot-five, as a student of another former WWF star in Calgary: Rick Titan, also known as the second Razor Ramon.

"I just knew he was going to make it," said Titan, who now works as a life coach. "He was a tough kid from the beginning. He was very dedicated and very serious.

"I like joking around a bit, but I think when I was training him, I was very serious too. He almost never cracked a smile. He was there for business, he wanted to learn, to get good, to be the best. He surpassed everybody else pretty quickly."

Titan said Mahal was always present, eager and a quick learner. His dad was always nearby to support his training sessions, and Mahal continued to grow physically, to really look the part of a pro wrestler.

> **I told him not to give up. He stuck with it, worked hard, and here we are today.**
> Gadowar Sahota

"Raj was big enough, tall enough and muscular enough that I wouldn't want to run into him in a dark alley," Titan said, laughing.

Mahal made his WWE debut in 2011 but was actually let go from his contract in 2014.

In 2016, he signed back on with the organization. Many on social media were shocked by his win against Orton; it seemed as though Mahal clawed his way back from the bottom right to the top seemingly overnight.

"He put a lot of hard work into it," said Sahota. "They let him go for a couple of years and brought him back, and I told him not to give up. He stuck with it, worked hard, and here we are today. He's the WWE champion."

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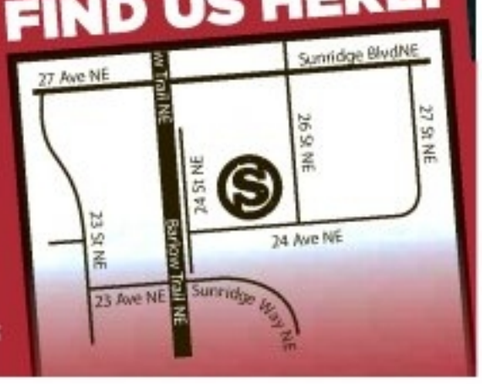

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Litigating climate

ENVIRONMENT

Companies, governments may be sued for inaction

Climate change is being blamed for extreme weather conditions in the Philippines. GETTY IMAGES

Eight hundred million dollars: That's the potential price tag of the rising ocean in Vancouver. The city needs a new storm surge barrier to stop flooding if, according to municipal planners, sea levels climb by one metre this century due to climate change.

When discussing this scenario last fall, Vancouver Mayor Gregor Robertson said something that made Andrew Gage perk up and listen from his law office in Victoria. "There are direct costs to our taxpayers, but this is not an act of God," Robertson reportedly said. "This is tied directly to human activity."

Translation for Gage: Maybe it's not just Tracy and Tom Taxpayer who should be on the hook for the new storm barrier. Maybe whoever is to blame for the rising ocean should fork over some cash. That's the idea behind an emerging front in the battle against climate change. And environmental groups and legal teams around the world are looking to the courtroom as their theatre of war. The term for it is "climate change litigation." The legal field is in its infancy, but many feel it will inevitably make an impact, given the estimated costs of new infrastructure and economic disturbances expected from climate change. A 2012 report from the Climate Vulnerable Forum pins the global cost at $1.2 trillion in 2010, a figure they predict will quadruple by 2030.

Policy Horizons Canada, a government department that predicts possible challenges for the public service in the coming 10 to 15 years, published a paper in April that warned of future court challenges over climate change. The paper outlines how large emitters like oil and gas companies, as well as governments, could be taken to court over alleged inaction on climate change.

In a statement, a spokesperson for the federal environment ministry said the government wouldn't speculate on hypothetical legal matters. However, the statement said that a government roundtable predicted in 2011 that the economic impact of climate change on Canada could reach $5 billion per year by 2020 and between $21 billion and $43 billion per year by 2050.

TORSTAR NEWS SERVICE

JUSTICE

Abella takes aim at 'narcissistic populism'

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting U.S. president, Supreme Court Justice Rosalie Abella did not once utter the name of Donald Trump. Yet Trump's feuds with judges who have halted his planned travel bans from predominantly Muslim countries, the ongoing fallout from his firing of former FBI director James Comey, and his populist policies ran through Abella's keynote address at a graduation ceremony. Abella told the graduating class at Brandeis University, west of Boston, Mass., that she has become worried about the state of justice in the world decades after the Second World War.

After the war, countries committed themselves to the "promotion and protection of values designed to prevent a repetition of the war's unimaginable human rights abuses," she said.

Abella said that commitment has been "shattered by narcissistic populism, an unhealthy tolerance for intolerance, a cavalier indifference to equality, a deliberate amnesia about the instruments and values of democracy that are no less crucial than elections and a shocking disrespect for the borders between power and its independent adjudicators." THE CANADIAN PRESS

IN BRIEF

Trump top of mind for Trudeau, world leaders

PM Justin Trudeau heads to Europe for the NATO and G7 summits, where global leaders are trying to figure out exactly how the world works now that U.S. President Donald Trump is at the table. "Predicting what this president does would be virtually impossible," said David Perry, an analyst with the Canadian Global Affairs Institute. "Fireworks would be the baseline expectation of some sort."

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The explosion struck Monday evening at England's Manchester Arena, where Ariana Grande had performed. The performer was not injured. GETTY IMAGES

Mass panic after 'horrific attack'

INVESTIGATION

At least 19 dead in Manchester as explosion rocks concert

An explosion struck an Ariana Grande concert in northern England late Monday, killing at least 19 people and injuring dozens in what police were treating as a terrorist attack.

Greater Manchester Police said 19 people were confirmed dead after the explosion at Manchester Arena. Northwest Ambulance Service said 59 injured people had been taken to hospitals, and a number of "walking wounded" were treated at the scene. Emergency vehicles were helping the injured and bomb disposal units were later seen outside the venue.

There was mass panic after the explosion at the end of the concert, which was part of Grande's The Dangerous Woman Tour.

Grande, who was not injured, tweeted hours later: "Broken. From the bottom of my heart, I am so so sorry. I don't have words."

Manchester Arena said on its website that the blast struck outside the venue as concertgoers were leaving.

Jenny Brewster said she was leaving the concert with her 11-year-old daughter when the blast hit.

"As I turned around, boom, one loud noise," she told Sky News. "A gentleman said 'run!' so we ran."

Outside, she said, "you could smell the burning."

Britain's terrorist threat level has been set at "severe" in recent years indicating an attack is highly likely. Police said the explosion is being judged a terrorist attack unless new information proves otherwise.

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer Majid Khan, 22, told Britain's Press Association. "It was one bang and essentially everyone from the other side of the arena where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

British Prime Minister Theresa May said the government is working to establish "the full details of what is being treated by the police as an appalling terrorist attack."

May is due to chair a meeting of the government's COBRA emergency committee later Tuesday. She and other candidates suspended campaigning for Britain's June 8 election after the blast.

If the incident is confirmed as a terrorist attack it would be the deadliest in Britain since four suicide bombers killed 52 London commuters on three subway trains and a bus in July 2005.

Police advised the public to avoid the area around the Manchester Arena, and the train station near the arena, Victoria Station, was evacuated and all trains cancelled. THE ASSOCIATED PRESS

CANADA REACTS

- Prime Minister Justin Trudeau says Canadians "are shocked by the news of the horrific attack in Manchester." In a brief statement posted on Twitter, Trudeau asks Canadians to "keep the victims & their families in your thoughts."
- Ottawa is advising Canadians in the U.K. to avoid the affected area in Manchester. Canadians there are also being advised to contact Global Affairs if they require emergency assistance.

THE CANADIAN PRESS

Grande tweeted that she was "broken" after the blast. TWITTER

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26TH ANNUAL EMERALD AWARDS

JUNE 6 2017

THE MOSAIC CENTRE

EDMONTON'S MOSAIC CENTRE A MODEL FOR NET ZERO COMMERCIAL CONSTRUCTION

Calling The Mosaic Centre in Southeast Edmonton innovative is definitely an understatement. The 30,000 square-foot commercial building is the northernmost net zero building in the world—a thriving space that offers tenants a bright, positive energy workspace, but is supplied with geothermal heating and solar electricity.

"We're a hub for social innovation in business. We want to create that ideal workspace," says Christy Benoit, visionary and co-owner of The Mosaic Centre (and a lead building tenant, as head of Oil Country Engineering). The popular restaurant Workshop Eatery also inhabits the space, along with several smaller companies.

Now with the prestigious LEED Platinum Certification, The Mosaic Centre can also call itself one of the greenest, healthiest buildings in Western Canada. It's no wonder over 3,000 people have toured the building to date, including interested municipalities and other construction companies.

Benoit says part of the challenge in building the space was in finding like-minded team members, those who could 'think outside the box', she says. She found partners in Chandos Construction and Manasc Isaac Architects and the result has become an Integrated Project Delivery (IPD) model of doing business—aligning key players in a project and fostering that collaboration and teamwork.

The low energy-use Mosaic Centre, dubbed Edmonton's 'crown jewel of sustainable construction' is a building meant to inspire, says Benoit. Key features include a 26,500 litre rainwater retention underground tank for plant irrigation, 100 per cent LED lighting and onsite composting.

WORTHINGTON CONSTRUCTION

WORTHINGTON CONSTRUCTION: PORTABLE WATER CLOSET

When Worthington Construction owner Mike Worthington and workers got tired of driving to use a bathroom from the job site, they developed an off-grid, innovative portable water closet. A big step up from the plastic portable loos commonly used on construction sites and at outdoor events, the Worthington Water Closet uses solar electricity, geothermal heating and harvested rainwater/snowmelt to create a large, comfortable portable washroom.

In 2015, Worthington partnered with Calgary's SAIT and its Green Technologies Research Group to develop a prototype for the trailer-mounted, 20-foot long by eight-foot wide full-service washroom. Performance testing was done at Edmonton's Victoria Golf Course and a PCL Construction site in Calgary, with positive results.

The Worthington washroom has a heated concrete floor, wash basin and running water, plus an ambient temperature of 18 degrees Celsius. There's even a urinal and change table in one model.

"I'm a civil engineer, so I tinker with things. It was an innovation challenge that got us thinking about making this," says Worthington. "If one of our units is in regular use for a year, it's the carbon offset equivalent of taking one car off the road."

Worthington has now built two portable water closets and is renting them out for weddings, parties and other special events. There's also interest from the City of Edmonton and construction companies in the province.

"I've wanted to do something with renewable energy. We'll keep tweaking the model--streamline it so construction companies can use it like a plug-and-play device."

Alberta Emerald Foundation

Emerald Awards recognize and celebrate outstanding environmental achievements across all sectors in Alberta.

The finalists of the 26th Annual Emerald Awards were selected by a panel of knowledgeable third-party judges.

The 26th Annual Emerald Awards will be presented in Edmonton on JUNE 6, 2017.

FIND OUT MORE AT:
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RE-MATT

A RECYCLING IDEA WHOSE TIME HAS COME

It's a no-brainer—keeping used, bulky mattresses out of the landfill by selling them to an environmentally-focused company— a mattress recycler who will take the units apart and sell the coils, fillings, etc to parts buyers. This is one of the first companies doing the ecofriendly job in all of Alberta, and that's Calgarybased Re-Matt. The emerging growth award winner and small business of the year finalist (via the Calgary Chamber of Commerce) is also now a finalist for an Alberta Emerald Award in the small business category.

Re-Matt director Shawn Cable says that though it's a relatively new concept and niche market in the Calgary area, there's legislation on the horizon in Vancouver and Edmonton to require that mattresses be recycled. "I hope we're not too far ahead of the curve here. We want to do something good for the environment and our aim is to work with the City of Calgary to see that every mattress gets recycled," he says.

"We've been pursuing businesses—hotels, The Brick, Ikea, Sears and other retail and transfer stations—so it's great to be recognized as an Emerald Award finalist to help keep getting the word out," he says. Calls from Banff, Strathmore, Bonnyville and more indicate the word is spreading.

A labour-intensive operation, Cable and Re-Matt staff manually separate wood, metal, cotton, box spring and all mattress components. In two and a half years, the company has kept an estimated 70,000 mattresses out of the landfill.

WILD ROSE CONSULTING

WILD ROSE CONSULTING PRESERVING ALBERTA'S PLANT HERITAGE

When Ann Smreciu moved from Vancouver Island to Alberta nearly 40 years ago, the plan was to stay a few years and then return to 'God's country', as she describes it.

But the owner of Wild Rose Consulting (and holder of a master's degree in plant sciences/horticulture) is glad she stayed, making a life's work of re-establishing Alberta's native plants on disturbed lands and Smreciu is now recognized for her individual contributions as a finalist for this year's Emerald Awards.

"Seed banks aren't new—the forestry industry uses them—but banking seeds has been a novel idea for Alberta's oil and gas industry," says Smreciu, pointing to achievements at the Old Man River dam, Dixon Dam river dam and the Oil Sands Vegetation Coop (a seed bank created in conjunction with the oil sands industry to harvest and bank seeds.) "It makes sense to put native plants back into the ground to create a varied and diverse ecosystem."

Smreciu is also working with oil industry, government, seed companies and nurseries to create policy on how to redevelop lands disturbed by industry. "It's gratifying to see the re-establishing shrubs like saskatoons, chokecherry, dogwood, low bush cranberry and others. When I started, very few were working with native plants," she says. "Getting an award isn't the goal. It's important that this work preserves the natural heritage of our native plants. It benefits the whole province."

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by David P. Ball/Metro

Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.

THE IDEAL BIKE PATH

How a road designed for bikes, and not just cars, might look.

'Idaho stops'
It's been 35 years since Idaho passed a law that's inspired cities elsewhere: it allows cyclists to save energy by treating stop signs as a "yield," and red lights as "stop signs" requiring a full halt before proceeding.

Floating cycle roundabouts
Pioneered in the Dutch city of Eindhoven, the space-age-looking "Hovenring" makes crossing four-or-more street intersections a breeze, keeping cyclists moving at all times by bypassing the crossroads altogether.

'Intelligent' traffic signals
Some Danish cities have special traffic lights that prioritize cyclists over motorists on busy routes. Not only do they give bikes a head-start, keeping cyclists flowing, but at peak-hours they're timed to synchronize at an average cyclists' pace, lowering the number of stops en route.

Bike skyways
As part of Copenhagen, Denmark's goal of being the most bikable city in the world it's built the "Cykelslangen," or Bicycle Snake. The raised bikes-only bridge through downtown allows cyclists to avoid traffic altogether, moving safely above the streets.

'Dutch junctions'
Common in the Netherlands but yet to seriously hit the pavement here, these "protected intersections" feature raised refuge "islands" at the four corners of intersections where cyclists can wait — in plain sight — for their turn to cross unimpeded. And they can also include raised waiting-points halfway across for cyclists to make crossings in two steps.

PUBLIC WORKS
The week in urbanism

ON THE LINE
Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

ACROSS THE SEA
A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

CITY CHAMP **Metro's city builder of the week**

Tom Babin is the "cyclist in chief" at Shifter, a website dedicated to urban cycling news. The Calgary-based writer and bike booster is a true Canadian two-wheel inspiration, authoring a book about winter biking called Frostbike.
@TomBabin

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metro LIFE

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Baseball coming June 1 to virtual-reality headsets, using sensors installed in all MLB stadiums

Burn the dress

What to do when the wedding is off

Ashley Aseltine's wedding was called off, so she wore her dress to a Zombie walk. TORSTAR NEWS SERVICE

Ashley Aseltine had the ring on her finger, dress in her closet, and "save the date" magnets on friends' fridges.

But seven months before the big day, she didn't have a fiancé.

"He ended it," said Aseltine, 31. "It stung. Everything kind of stung for a really long time."

The December 2013 split ended their 12-year relationship and year-and-a-half engagement. The next weeks were a painful blur during which Aseltine leaned on family and friends for support. Once they were certain she and her ex wouldn't proceed with their June nuptials, her dad and uncle broke the news to relatives.

Then she got to work, calling the vendors and notifying friends and tucking the ring and the dress away in corners of her apartment. The $600 silk, floor-length gown wouldn't resurface until three years later when she would run over it with a car, drench it in fake blood and wear it as a costume for a Halloween Zombie walk.

For soon-to-be brides and grooms who call off their wedding, there's the immediate heartbreak that comes with losing someone you planned to spend your life with. Then there's the logistical nightmare of having to unplan one of the most important events of your life — breaking the news to everyone from your grandma to your gynecologist, swallowing lost deposits, fielding prying questions and fighting stigma in the process.

"It almost seems less taboo to get divorced than to call off a wedding," said Natalia Juarez, a Toronto-based breakup coach.

Whereas some people think "at least you tried" when divorce quickly follows nuptials, calling off a wedding entirely is regarded as "giving up too soon," she said, noting that divorce is also talked about more openly than broken engagements.

Juarez said those who call it off usually feel it was the right decision years later. But she's spoken with clients who saw red flags, but didn't want to call off the wedding for fear of letting down their family or spouse-to-be.

"Everyone was so excited they felt like they couldn't disappoint," she said. "(Brides and grooms) are emotionally and financially invested, and so are their families and social communities."

Lauren Hughes, owner of Lauren Hughes Events Co. in Toronto, said undoing the hard work that goes into planning a wedding comes with sensitive challenges and a time crunch. "Things need to be dealt with pretty quickly . . . especially if your invites have gone out."

Then comes dealing with the financial blows.

"You have a lot of deposits that are typically not refundable," said Rebecca Chan, owner of Rebecca Chan Weddings and Events in Toronto.

In Aseltine's case, she looks back on her breakup without anger or regret. She's now friends with her ex. They play on the same softball team.

But dismantling her wedding was frustrating — and pricey. Her friends encouraged her to put the money from the couple's Jack and Jill party toward recouping lost deposits for key elements, such as the venue and the photographer, but she still ended up more than $3,000 out of pocket.

The ring, she kept. Her ex never asked for it back.

"There's so much that I've thrown out or gotten rid of that had to do with our relationship," said Aseltine, for whom the "small and simple" piece of jewelry served as a token of what they shared. "It was a really important relationship . . . I don't want to forget that."

TORSTAR NEWS SERVICE

WHAT NEXT?

The dress
You could sell it, donate it, or burn it, Juarez said.

The venue
The venue may refund your deposit. If not, suggest an alternative use for the space, such as a party.

The alcohol
Drink it. Not all at once. With cases of wine on hand, you may never have to go to the liquor store again. Or try to return them.

The gifts
Generally, return gifts to the gift-giver, or, if opened, offer equivalent monetary value. However, some friends may want you to put them toward starting your new life, as Aseltine's friends did.

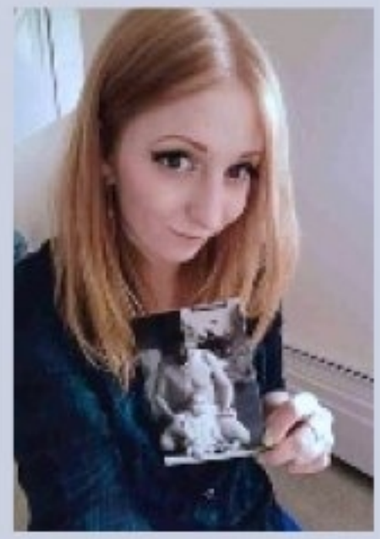
The future
Practise radical self-love and self-care, grieve, and move forward with your life, Juarez said.

PLAID FOR DAD metro focus on prostate cancer

That fight was finally over

Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.

"The mourning process pretty much started the day that he was diagnosed. And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him. I guess the biggest thing that changed since that was just, you know, you don't take life as much for granted. And I'm very thankful for the family that I do have still, because they are the rock in my life. So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or let them just pass by. Because you really don't know how long you may or may not have."



AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

21,600

in 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.
Source: Canadian Cancer Society, 2016

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

BILL COSBY TRIAL

Race, gender, fame all Cosby jury issues

One-third of the potential jurors questioned in Bill Cosby's sex assault case Monday said they've formed opinions about his guilt or innocence, and 35 of the 100 people questioned said they or a family member or close friend has been the victim of a sexual assault.

Jurors are being selected this week in Pittsburgh for the trial that begins June 5.

The case against the once wildly popular actor-comedian has attracted worldwide publicity that the judge hopes to shield from jurors during the trial.

The initial questioning Monday suggested it may take some time to find an unbiased jury. Judge Steven T. O'Neill was expected to question people individually throughout the afternoon.

"No one should make an effort to be on this jury, and no one should make an effort to not be on this jury," he told the group.

Lead lawyer Brian McMonagle had earlier said he hoped an unbiased jury could be found fairly quickly this week. He said Cosby was "looking forward" to getting the process started. Cosby has said he does not expect to testify.

The trial will take place in Norristown in Montgomery County, where Cosby invited Andrea Constand to his home in 2004. She said she went seeking career advice, and that Cosby gave her wine and pills that put her in a stupor before molesting her on his couch.

Cosby, in sworn testimony, has said he put his hand down her pants, but said she did not protest.

The judge plans to bring 100 potential jurors to the courthouse each day this week until a dozen jurors and six alternates are found. The first group included 53 women and 47 men, and 16 people of colour.

In answering questions, 34 said they had formed an opinion about Cosby's guilt or innocence; 25 said they would have trouble being fair because of the nature of the charges; and 14 said they had a preconceived notion that would prevent them from deciding the case fairly.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Why did nobody say anything?

THE SHOW: Mommy Dead and Dearest, HBO
THE MOMENT: Dee Dee's parents

Gypsy Rose and Dee Dee Blanchard, the subjects of Mommy Dead and Dearest. CONTRIBUTED

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poisoned Laura by putting Roundup in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their reasons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies. But the best ones show us the consequences when we fail one another. If you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

You could **WIN screening passes!**

Based on the bestselling Captain Underpants book series this raucously subversive comedy for the entire family tells the story of two overly imaginative pranksters named George and Harold, who hypnotize their principal into thinking he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.

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Wonderlist.ca

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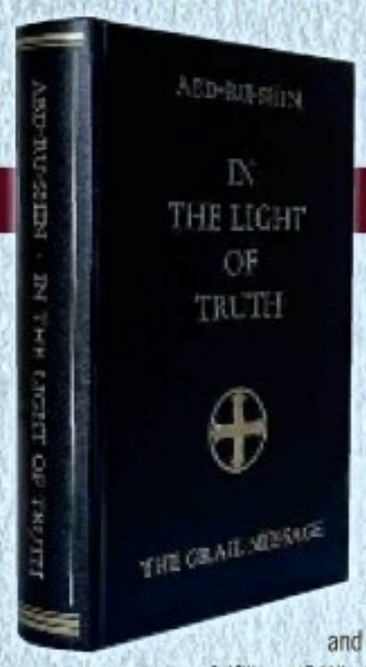
What Is True Fulfillment and How Can It Be Attained In Our Lives?



A lecture based on the work

In the Light of Truth

THE GRAIL MESSAGE

For all of us, our pursuits are driven by the need to attain to some fulfillment, regardless of whether we define it in material or spiritual terms. For some, it is the attainment of some earthly goal, financial security, relationship status, or social or political aspirations. For others, their quest goes beyond what is solely material. But, even upon attainment of some of these goals, many still find themselves longing for something more. Something yet undefined and unquenchable. What is it that we seek that can lead finally to a sense of true fulfillment? What is it that can truly and finally fulfill us? How can we attain to this sense of true fulfillment? The speaker, drawing insights from the work "In the Light of Truth", the Grail Message, will share a perspective that may lead to the recognition of a path to the attainment of this longed-for fulfillment.

Date: Saturday, June 10, 2017
Venue: Sheraton Cavalier Calgary Hotel, 2620 36 Ave NE, Calgary, Alberta
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Canada's Sports Hall of Fame
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Calgary Sport Tourism Authority

An Evening to #InspireCanada

On June 14, 2017, the Class of 2017 selected to receive Canada's highest sporting honour will be in Calgary for Canada's Sports Hall of Fame's gala fundraiser. The theme for the event is "Girls in Sport" highlighting the importance of girls' participation in sport from a young age. Proceeds from this event will help to inspire and encourage thousands of girls across Calgary, Alberta and Canada. Canada's Sports Hall of Fame's mission is to inspire all Canadians in sport and in life.

For more information on the gala, visit sportshall.ca.

Calgary's Only Opportunity to Meet the Class of 2017!

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3 ways to pay off your home faster

ISTOCK

MORTGAGES

Its likely the largest debt of your life, so make it easier

Gail Vaz-Oxlade
For Metro Canada

In these days of record-high housing prices, there's no doubt that your mortgage is likely the single largest debt you'll ever take on. And if you take a mortgage for $300,000 at an average rate of five per cent and pay it off over 35 years, you'll end up paying $331,789.91 in interest. Wow!

There are three easy ways to significantly reduce the amount of interest you end up paying and the time it takes to get to mortgage-free.

First, choose an accelerated payment frequency.

Most mortgages come with a vanilla-flavoured monthly payment. If you want to speed things along, choose the mocha version: an accelerated weekly payment. Using this option, you'll end up making one extra payment directly against your mortgage each year. One extra payment? What's the big deal? The big deal is that'll save you $70,003.63 in interest. That's gotta be worth the extra 30 bucks or so you'll have to come up with each week, dontcha think?

Second, shorten your amortization.

The shorter your amortization, the more you have to come up with for each payment, but the less you'll pay in interest overall. If you shorten a 35-year amortization to 30 years, you'll save $55,430.90 in interest. Go with a 25-year amortization and save $108,345.42. But that'll mean higher monthly (or accelerated weekly) payments. If you can't swing the higher monthly payments every month? Then…

Third, make a principal prepayment against your mortgage.

Most mortgages come with the flexibility to make an annual prepayment. It usually runs between 10 and 20 per cent of the original mortgage amount. So on a $300,000 mortgage you could make somewhere between $30,000 and $60,000 principal pre-payment, assuming you could come up with the money.

Getting a bonus? Just got a raise? Inherited some money? Now you know what to do with your windfall!

But you don't have to come up with a huge amount for the principal prepayment to work for you. You know that RRSP contribution you made that resulted in the $3,200 tax refund? Slap that sucker against your mortgage each year and you'll save $112,348.58 in interest on that 35-year mortgage.

The next time you "save" money on anything you buy (you are such a smart consumer!), put the money you saved in a jar. When you get to $25, deposit it to a high-interest savings account. Then, when you're closing in on your mortgage anniversary, make a prepayment.

By the way, when your mortgage comes up for renewal, that's the perfect time to slap some extra money against your principal and save in the long run. While you're at it, consider rounding up your payment from the weird $1,473.82 to a nice, even $1,480 or even $1,500.

The Financial Consumer Agency of Canada has a mortgage calculator tool that you can use to run your own scenarios to see just how much you can save on your mortgage. Playing with the numbers might help you focus on a goal that will see your mortgage paid off sooner.

For more money advice, see Gail's website at gailvazoxlade.com

PETS BRIEF

Healthy pets euthanized for convenience: vet groups

Animal advocates are calling for an end to euthanization of healthy pets purely for owners' convenience.

"Unfortunately, in law, animals are considered a property so what happens to them is up to what the owner decides," said Dr. Eric Carnegy, owner and senior vet at Halifax's Carnegy Animal Hospital.

Veterinarians' associations say fewer vets are willing to perform convenience euthanasia, but it is not prohibited.

Canadian Veterinary Medical Association (CVMA) guidelines appear silent on what vets should do when owners ask to have apparently healthy family pets euthanized, although the group does include as an ethical principle a statement that "humane euthanasia of animals is an ethical veterinary procedure." THE CANADIAN PRESS

Only the best barley for these brews

BREWING

Craft beer goes old school with heritage crop

Owen Roberts
Urban Cowboy

Ontario craft beer is taking a huge step forward, by taking a 100-year step backward.

Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that roughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded into the sunset, usually because plant breeders like Falk developed better varieties (Falk himself has developed 51 different varieties).

OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO

FARM *poll*

Take our poll
Craft beers must have a catchy name. Tell us what your favourite is at **metronews.ca**

But back in the day, these varieties had something unique that made them stand out.

For example, as plant breeder Zavitz discovered in the early 1900s, OAC 21 was more resistant than other barleys to nasty leaf and root diseases like powdery mildew, leaf rust, net blotch, spot blotch, and root rot.

These qualities allowed it to produce better-quality grain than other barleys in its day.

So, Zavitz selected it for further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

STANDING OUT
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol.
SIAN RICHARDS/FOR METRO

THE FUTURE *of* FARMING

Nature's wet blanket
Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubborn fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

Craft beer is everywhere
Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20–30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least $600 million.

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Slew of options to get into health care

YOUR FUTURE

Find your passion in a varied and in-demand career

Jen Taplin

When it comes to jobs in health care, the options seem endless.

Private schools, colleges and universities offer an enormous selection of programs and career options for anyone considering a future in health care.

Health care aides work in a number of different organizations like assisted living facilities, long-term care and care for patients in their homes. Aides provide basic care for patients and help them with their daily living needs. Courses are offered at many public and private colleges and can be done part time or full time in a matter of months.

Private schools, colleges and universities all offer many programs for a career in health care. ISTOCK

Post-secondary institutions offer many options for people who want to specialize in a technical field. There are programs for medical laboratory assistants, pharmacy assistants, nuclear medicine technology, respiratory therapy, dental assisting and many others. Depending on the program, it could be a two-year diploma or a five-month certificate.

Bow Valley College, for example, offers programs for pharmacy technicians and practical nursing as well as certificates for nutrition managers and recreation therapy aides. SAIT offers diplomas for several fields including medical sonography, paramedic, rehabilitation therapy, respiratory therapy and others. There are also a number of certificate programs including nutrition for healthy lifestyles and medical laboratory assistant.

Within nursing there are several choices to make. You can take a program for less than two years to become a licensed practical nurse. There are also programs for registered nurses and registered psychiatric nurses. For students entering a university nursing program directly after high school, a bachelor of nursing degree is typically a four-year program.

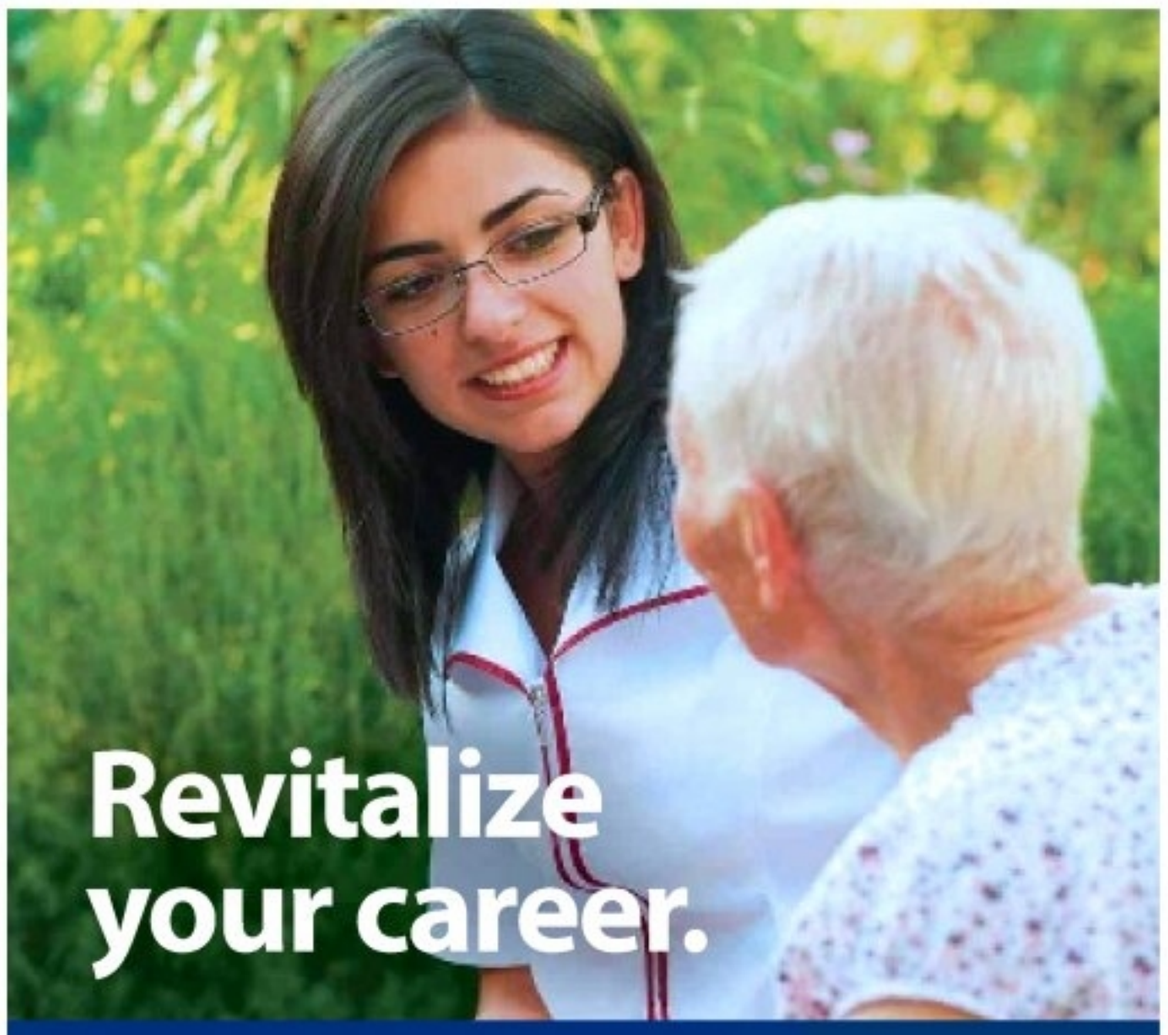
Mount Royal University recently celebrated its 50th anniversary of its nursing program and they now have over 200 students a year in their bachelor of nursing program. Mount Royal has several other health-related programs including a bachelor of midwifery and athletic therapy.

Dentistry offers a number of attractive career choices: there are programs for dental assistants, hygienists and, of course, dentists.

By taking a health sciences degree, students land in a number of different careers including researcher or health and safety officer. Many grads go on to apply to medical school to become doctors and scientists.

Med students and scientists aim for the Cumming School of Medicine at the University of Calgary. There's also the faculties of nursing, science and kinesiology for students interested in health-related fields. Kinesiology students focus on human movement, health and wellness. Graduates work in a variety of careers including coaching, research, and recreation.

“ Post-secondary institutions offer many options for people who want to specialize in a technical field.



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‘Step out of your comfort zone’

HEALTH CARE

Some advice for those looking for their first job

Jen Taplin

Chances are if you’re in a health-related field you’ll be knocking on the door of Alberta Health Services.

The provincial-wide health authority employs about 99,000 employees plus midwives and 7,700 medical staff. About 20,000 people are hired every year.

Sandra Jardine, director of talent management strategies, has a lot of great advice for anyone wanting to apply. First, step out of your comfort zone. Jardine said new grads should be open to starting their career in rural Alberta.

“Opportunities in northern Alberta may have additional incentives attached, like student loan forgiveness for nurses, or allowances for living in remote areas,” she said.

And don’t discount job opportunities. Jardine said the most common way into the health authority is by starting out with casual work or temporary assignments. Jardine and her department see a lot of applications on a daily basis. Depending on the job and the community, they could receive a few applications for a highly specialized position or a few hundred applications for general postings.

Her first piece of advice for your application: don’t sell yourself short in your resume.

“Include any work experience or practicum experience on your resume,” she said. “It will help highlight your skills and training for hiring managers.”

Your cover letter shouldn’t be a duplication of the resume. Jardine said the cover letter is an opportunity to expand on relevant points and explain why you are passionate about the opportunity.

“Make sure your contact information is up to date, and get rid of any email addresses that aren’t professional.”

The best way to make your application stand out is to keep the format simple and clean. Highlight the most important information first, she said, and use effective titles and keywords related to your career.

“Practice interview responses, and prepare questions to ask the interviewer,” Jardine said. “Be prepared with any additional materials you may need like a portfolio or your references.”

Alberta, which saw big employment declines last year, experienced increases in the health care sector. ISTOCK

Demand for health care professionals

Going by the numbers, the future of health care jobs looks pretty good.

In a review of the 2016 labour market, Statistics Canada found the largest growth across the country was in health care and social assistance. This is an industry where employment has trended up over the past decade.

Alberta, which saw big employment declines last year, experienced increases in the health care sector. Demand for health care professionals is only expected to increase as baby boomers enter retirement. The Canadian Nurses Association has predicted a nursing shortage could reach 60,000 nurses by 2020.

Avra Davidoff, registered psychologist with Canada Career Counseling in Calgary, said the local health-related job market is still moderately strong.

“However there are a lot of people in the market, there certainly is competition,” she said, adding it's one of the top sectors of employment in the city.

“The more in-demand jobs would be nursing, and a lot of positions related to seniors care and support. And there are positions for physio and occupational therapy.”

There are also many technology-based positions, she said, like ultrasound and nuclear medicine.

Davidoff said she’s seen a trend lately: nurses leaving their jobs to do something else.

“We do see a lot of nurses in career transition and one of the most coveted positions would be in research and community education in nursing. Those are certainly difficult positions to attain.”

But many nurses are having trouble leaving their jobs because it is a high-demand career and well paid.

“And there’s judgment from others: why would you leave? It’s a good job,” Davidoff said. “It’s the societal pressure that it’s a successful career so why would you want to change.” JEN TAPLIN

“The more in-demand jobs would be nursing, and a lot of positions related to seniors care and support.

Avra Davidoff, registered psychologist with Canada Career Counseling in Calgary

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Predators on prowl to Cup final

2017 NHL PLAYOFFS
NASHVILLE ADVANCES

Sissons nets hat trick to cook Ducks

GAME 6 In Nashville

6	3

Colton Sissons scored his third goal with 6:00 left, ensuring the Nashville Predators' magical post-season now includes the franchise's first trip to the Stanley Cup final after eliminating the Anaheim Ducks with a 6-3 win in Game 6 on Monday night.

The Predators, who've never won even a division title in their 19-year history, came in with the fewest points of any team in these playoffs.

Now they've swept the West's No. 1 seed in Chicago, downed St. Louis in six in the second round and then the Pacific Division champ in six games. Peter Laviolette became the fourth coach to take three different teams to the final, and the first since the playoffs split into conference play in 1994.

"It feels so good," Sissons said. "Listen to this crowd. Our fans are amazing, a great group of guys. We just believe in ourselves. That's all it is."

The Predators will play either defending champion Pittsburgh or Ottawa for the Stanley Cup. Game 1 is Monday.

Anaheim lost in the conference finals for the second time in three years.

Cam Fowler tied it up at 3-3 at 8:52 of the third for Anaheim as the Ducks tried to rally for the fifth time this season when trailing by multiple goals.

But Sissons, who scored on the third shot of the game, scored twice in a wild third period to give the Predators a 3-1 lead at 3:00 and then 4-3 11 minutes later.

Austin Watson scored on Nashville's first shot and had an empty-netter with 1:34 to go. Filip Forsberg also had an empty-net goal.

Pekka Rinne made 38 saves to improve to 12-4.

Ondrej Kase and Chris Wagner also scored for Anaheim.

THE ASSOCIATED PRESS

Colton Sissons of the Predators celebrates scoring a third-period goal against the Ducks on Monday. FREDERICK BREEDON/GETTY IMAGES

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IN BRIEF

Donaldson, Tulowitzki both in rehab action for Jays

Toronto Blue Jays third baseman Josh Donaldson went 0-for-2 in his first rehab appearance for class-A Dunedin on Monday while shortstop Troy Tulowitzki, in his fourth rehab game, went 0-for-2 with a walk.

Donaldson has been out since April 14 with a calf injury.

Tulowitzki has been sidelined since April 21 with a right hamstring strain.

THE CANADIAN PRESS

"He's got to have a bad game sooner or later. He's human.

Cavaliers coach Tyronn Lue on LeBron James' subpar performance (11 points, six turnovers) in a 111-108 loss to the Celtics in Game 3 of the NBA Eastern Conference final on Sunday. The Cavs lead the series 2-1.

MEMORIAL CUP STROME ENJOYS HISTORIC NIGHT

Erie Otters centre Dylan Strome celebrates one of his four goals against the Saint John Sea Dogs on Monday in Windsor, Ont. Strome set a tournament record for most points in a single game with seven as the Otters won 12-5 to improve to 2-0. The Sea Dogs fell to 0-2. The Memorial Cup wraps up on Sunday with the national championship game.

ADRIAN WYLD/THE CANADIAN PRESS

MAKE IT TODAY

Generous Banana and Coconut Smoothie Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

Ready in 10 minutes
Prep time: 5 minutes
Makes: 2 servings

Ingredients
- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

Optional toppings
Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

Directions
1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

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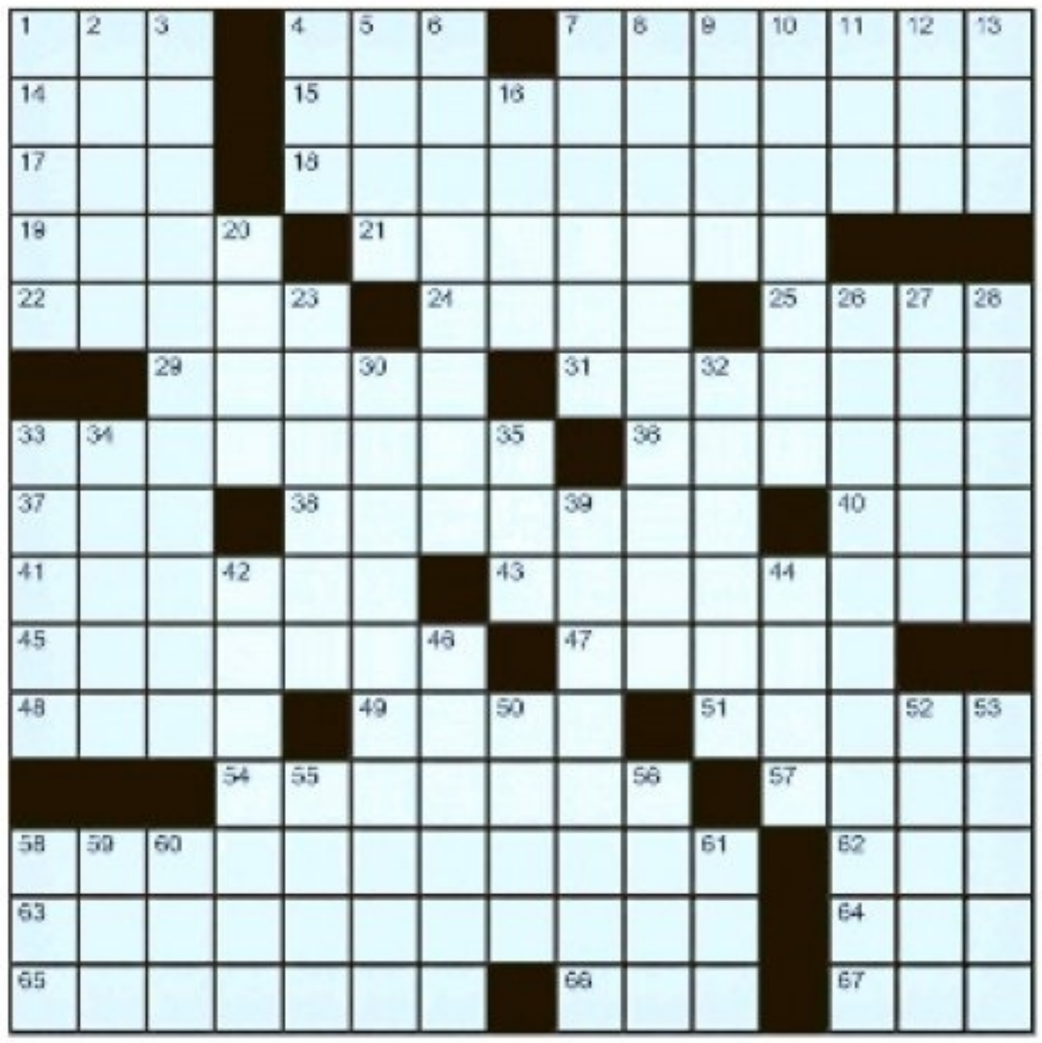
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweetheart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto."
33. As per #18-Across... Randy Bachman's __ __ (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrr-er
38. Dis-occupied the premises
40. "Help __ _ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago P.D."
49. Informality
51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The __ __: The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)
62. It means 'Ear'
63. Khao Man Kai and Chim Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' li'l state
67. Princesses Beatrice and Eugenie's mum's initials-sharers

DOWN
1. "__ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees surname
6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimpy's pal
13. Nautical rope
16. David of "Rhoda"
20. Oil of __
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land __ __ (Explorer's travel options)
28. John of "The Addams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Veni' meaning in Julius Caesar's boast: 2 wds.
35. __-Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!": 2 wds.
50. Li'l religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. __ Fein (Irish republican party)
58. Airport tower [acronym]
59. Pi's follower
60. Tin
61. Abitibi article

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

Taurus April 21 - May 21
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

Gemini May 22 - June 21
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

Cancer June 22 - July 23
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

Leo July 24 - Aug. 23
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

Virgo Aug. 24 - Sept. 23
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit someplace you've never been before — a store, restaurant or neighborhood.

Libra Sept. 24 - Oct. 23
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

Scorpio Oct. 24 - Nov. 22
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

Sagittarius Nov. 23 - Dec. 21
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

Capricorn Dec. 22 - Jan. 20
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

Aquarius Jan. 21 - Feb. 19
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

Pisces
Feb. 20 - March 20
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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7	1	6	3	5	8	2	9	4
4	3	8	7	2	9	1	6	5
9	2	5	4	1	6	8	7	3
3	9	4	8	6	5	7	1	2
2	6	1	9	7	4	5	3	8
8	5	7	2	3	1	9	4	6

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LEASE FROM $55 WEEK
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CA732478

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